

# Life on Life

## Women's Bible Study

*Learn the Word, Live the Word, And Love Each Other.*

Tuesdays @ 9:30 am • Education Center Youth Room A

## Grab the Baton- Then Run!

March 2020



### Grab the Baton- Then Run!

By: Sandra Brown

"I'm praying for you girl." "I'm stopping to pray right now."

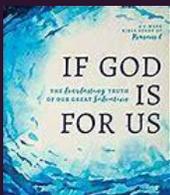
You begin writing it down in your prayer journal with the intent to pray later. Did you pray? How often are our good intentions mere words? Sometimes we say things and mean well, but they turn out to be empty words because we fail to follow through and complete the task.

When a sister, a friend, a fellow believer in Jesus Christ, a relative, or a co-worker, request that we intercede, or appeal, to our Heavenly Father because they are suffering, feel mistreated, and are confused by the flood of multiple attacks from their enemy, how do we respond? We often "text a message, "PRAYING FOR YOU." Sometimes we use the emoji of praying hands. Do you fervently desire to see a friend or relative turn to God? The suffering, and the need of salvation, of many around us cry out for us to grab the baton of intercessory prayer and run to our Father for an encounter with Him on their behalf.

Ephesians 6:18 tells us to "Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all saints".

### Coming Up in LOL...

- **3/3** Facilitators Meeting  
TODAY
- **3/10** Special Feature
- **3/17** Spring Break  
(NO LIFE ON LIFE)
- **3/24** Special Feature
- **3/31** Lunch & Learn



JOIN US FOR OUR  
NEW BIBLE STUDY!

**IF GOD IS FOR US!**

*A Walk through Romans 8*

Led By: Karen Phillips

2/25-4/14

As a track coach for high school boys and girls, in my early years in education, I established a daily practice routine for each team to follow: Stretch—Warm-up—Run Laps—Run against the clock to improve their time—and Practice for spots on the relay teams. In order to have a spot on the relay team you had to be skillful in two areas, speed and knowing how to grasp the baton in your hand from your teammate while running forward; maintaining momentum during the baton exchange so that you retain your momentum to win the race. Every practice, relay teams of four individuals would work on speed, baton exchange in the exchange zone, and finishing the race with the best time. Soon as a team they knew when to tell the runner in front of them to take off and reach for the baton without slowing down. The incoming runner would say, “Go” ... “Reach”. The exchange would be made and the next runner would run as fast as he/she could to repeat the process until the final runner crosses the finish line... victorious in the race.

We can only become skillful and victorious as intercessors if we **“Grab the Baton – Then Run.”** When our sisters give us their prayer requests, they are saying, **“Go” ... “Reach.”** Our Heavenly Father wants us to know we are on His team, for he has given us a Helper to ensure our success. As we fervently give Him praise and pray for each other, we bring glory and honor to our Father. But we have to choose to be that intercessor, that prayer warrior who offers prayer on behalf of our sister. “Pray Without Ceasing”. So be like Nike my sisters, “Just Do It.” Practice, Practice, Practice, my Sisters, take the baton of prayer and pray regularly, sincerely, secretly, and thoughtfully. Run on, and become the skilled intercessor God has called us to be.

*Sandra Brown loves people. Her life scripture verse is Luke 10:27 and when you see her she will always say with sincerity of heart. ... Did I tell you I love you today? I love you!*

*Happily retired after serving 9 years in the classroom and 31 in Educational Administration. She now fills her time serving in Comfort and Care Ministry, Prayer Line Team, Life on Life Facilitator, Small Group Leader, and Volunteer receptionist. But her primary ministry is to her husband of 34 years, Larry, her two adult daughters, Kim and Kyllan. Four adorable grandchildren, Drew, Laurel, Elliott and Ari.*

## Comprehensive Cancer Support Group

Sunday, March 8  
The Grove // Following 2nd Service

Join us for a discussion on Healthy Living.



### DISCUSSION ON HEALTHY LIVING

We must be diligent and include healthy lifestyle choices like prayer, preparation and praise into our daily routine. Whether you have been affected directly by cancer or are interested to know more about its prevention, join us for a discussion on healthy living.

**FREE HeartSaver CPR Class**  
Saturday, March 7,  
9 am - 12 noon  
WC Rooms 6 & 7  
Space is limited, sign up at x5117

WC Rooms 6 & 7

**Emergencies happen! Be prepared to save a life!**

Space is limited so sign up soon by leaving a message at x5117.

**DAYLIGHT SAVING TIME**  
**SPRING FORWARD!**  
Begins at 2 am  
Don't miss service next Sunday! Spring forward Saturday night by setting your clock ahead 1 hour.